

## ABSTRACT OF THE DISCLOSURE

A toner includes at least a crystalline compound, a binding resin and coloring agent, wherein a differential heat quantity curve measured by a differential scanning calorimeter (DSC) has a clear endothermic peak at 50 to 100°C in a first temperature rising process, and in a second temperature rising process, a peak area of the endothermic peak is reduced by 1/3 or less with respect to the peak area of the endothermic peak in the first temperature rising process. An image forming method employs the toner.